Commit to Fit! 4x4 Prescription for Health

Patient Name: _________________________________________

What to Do:

M Increase Physical Activity
M Improve My Sleep Habits
M Improve My Food Choices
M Reduce My Stress
M Change My Tobacco Use
M Improve Physical Activity
M Increase Food Choices

Other: _____________________

Specific Activity: _______________________________________

_______________________________________________________

Visit commit2fit.com
Join **Commit to Fit!** Today!

Even small daily choices can help you feel better and live healthier.

Follow These **4 Key Healthy Behaviors**:  
1. Maintain a Healthy Diet  
2. Engage in Regular Exercise  
3. Get an Annual Physical Examination  
4. Avoid All Tobacco Use and Exposure  

Talk to Your Doctor About These **4 Key Health Measures**:  
1. Body Mass Index (BMI)  
2. Blood Pressure  
3. Cholesterol Level  
4. Blood Glucose Level  

Go to [www.commit2fit.com](http://www.commit2fit.com) to track & achieve the goals of your prescription for health.